

Free

# ingles table

**FALL  
TREATS  
YOU'LL  
FALL  
FOR**





**Pasta Fazool is a traditional Italian soup that includes pasta and beans**

**Can you believe it? Fall is here.** The kids are back to school, the days are getting shorter, and the weather is turning cooler. That means it's time for those comfort foods that will keep you warm on a brisk day.

The pages you're about to see are filled with tasty recipes, created by our Ingles Table team, to help you bring something exciting to the table. Twists on original classics and clever new dishes, all designed to help you impress your family and friends.

Remember that if the weather takes a turn and you don't feel like cooking, the Ingles Deli and Bakery is always there to help you out. Delicious baked rotisserie chicken, an array of delicious side dishes, sumptuous desserts, fresh baked breads, and much more... prepared in-store by our talented team.

Another thing you'll probably be craving this Fall is a nice bowl of hot soup. Have you checked out our selection in the Produce Department? No cooking required. Grab the ladle, fill a container, grab a loaf of crusty bread from the bakery, and voilà, the perfect meal after a long day.

Remember, the Ingles Table is more than this magazine. Visit **ingles-markets.com** to find even more incredible recipes with instructional videos, printable shopping lists, tips and tricks, and more.

If you've never had Pasta Fazool, you're gonna want to head over to **ingles-markets.com** right now to get Josh & Aaron's secret family recipe.

**From all of us to you... have a terrific Fall!**

*-Cindy*

Cindy Nixon  
Vice President Deli/Bakery/  
Starbucks, Ingles Markets

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- A collage of autumn-themed food items. In the top left, a loaf of bread with white frosting and fruit toppings sits on a wire rack. Below it, a white bowl is filled with bright red cranberries and a slice of orange. To the right, another white bowl contains several thick slices of orange. In the foreground, a black tray holds four slices of cranberry orange bread, which are topped with a white glaze and fresh cranberries. A small garnish of cranberries and an orange slice is also on the tray. The background is a rustic wooden surface.
- 4 Sweet and Tangy Glazed Carrots
  - 5 Roasted Beet Salad with Goat Cheese
  - 6 "Skinny" Lobster Mac and Cheese
  - 7 Pickin' Pork
  - 8 Grilled Blackberry Stuffed Pork Loin
  - 9 Gettin' Figgy Widit Chops  
Pork Wonton Soup
  - 10 White Chicken Chili
  - 11 No Knead Bread
  - 12 Mediterranean Party Platter
  - 13 Banana Blueberry Pudding
  - 14 Slow Cooker Beef Bourguignon
  - 15 Pumpkin Shaped Cheeseball
  - 16 Pulled Chicken Pimiento  
Cheese Sliders
  - 17 Healthy Tiramisu
  - 18 Cajun Chicken Po Boy
  - 19 Matcha Swirl Bread
  - 20 Chocolate Covered Pretzel Rods
  - 21 Orange Glazed Brussels Sprouts  
and Butternut Squash
  - 22 Flannel Jacket
  - 23 Garlic, Radish, and Fennel Toast

Perfect for Fall, this  
Cranberry Orange Bread recipe  
is available exclusively at  
[ingles-markets.com](http://ingles-markets.com)





CHEF ABBY J  
Founder of Abby J's Gourmet  
Proprietor Blackhawk Flyfishing

## Sweet and Tangy Glazed Carrots with Cranberries

SERVES: 4

- 1 lb. young carrots,  
*scrubbed clean*
  - $\frac{3}{4}$  cup frozen cranberries
  - $\frac{1}{4}$  cup maple syrup
  - 1 large orange, *zested*
  - 2 tbsp. olive oil
  - 2 tbsp. Thai sweet chili sauce
  - 1 garlic clove, *finely grated*
  - 1 tbsp. garlic salt
  - $\frac{1}{2}$  cup almond flakes
1. Set oven to 350°F and line one large baking tray with parchment paper.
  2. Trim the green tops off the carrots and cut carrots into halves lengthwise.
  3. Coat cranberries in 1 tbsp. maple syrup and mix in orange zest.
  4. In a separate bowl, combine olive oil, 3 tbsp. maple syrup, chili sauce, thyme leaves, and 1 tbsp. garlic salt
  5. Coat dry carrots in the maple and chili and space them out on a large baking tray while placing the cranberries at the other end.
  6. Roast for about 25 min., until carrots are tender, the exterior is slightly caramelized, and cranberries are soft and jammy. If cranberries are done sooner, remove them from the tray with a spatula and set aside.
  7. Toast almonds lightly in a hot pan until lightly browned.
  8. Place roasted carrots and cranberries on a large serving platter. Sprinkle with toasted almonds and fresh thyme.

**SERVING THESE CARROTS WHOLE MAKES  
A BEAUTIFUL PRESENTATION. BUT EATING THEM WILL  
TRANSPORT YOU DIRECTLY INTO FALL.**



# CAN'T BEET THESE!



CAROLINE TAYLOR  
Market President, iHeart Media

## Roasted Beet Salad with Goat Cheese and Toasted Pecans

SERVES: 4-6

- 1 bunch fresh beets

### DRESSING:

- ½ cup of extra virgin olive oil
- ¼ cup of fresh lemon juice
- 1 tbsp. honey mustard
- ½ tsp. of salt
- ¼ tsp. of pepper
- 1 lemon, zested

### TOPPINGS:

- ¼ cup crumbled goat cheese
- ¼ cup glazed walnuts or pecans (optional)

1. Wash and trim beets, leaving them whole, skin on. Wrap beets in aluminum foil and roast in the oven at 375°F until fully cooked and slightly soft.
2. Once cooled, gently peel the beets and cut into bite sized pieces. Set aside.
3. Combine all of dressing ingredients together, except olive oil. Once combined, slowly drizzle olive oil into mixture until completely emulsified.
4. Pour dressing over beets and toss gently. Place on a serving platter, top with goat cheese and glazed walnuts. Enjoy.



# mac & cheese

## *Elevated*



**SWEET MEMORIES**  
Brother & Sister,  
John Gifaldi & Patty Heiden  
Personal Chefs

### **"Skinny" Lobster Mac and Cheese**

SERVES: 4 CALORIES: 347/SERVING

- 3 (6 oz.) lobster tails
- 1 cup mini pasta shells
- ½ cup pumpkin spice filling
- ½ cup 2% milk
- 1 tbsp. salted butter
- ¼ tsp. each salt and black pepper
- ¾ cup cheddar cheese
- 1 slice whole wheat breadcrumbs
- 1 tsp. olive oil
- 1 bay leaf
- 6 peppercorns
- 4 oven-proof ramekin bowls

1. Cook pasta shells according to package directions, just shy of al dente, drain, and set aside.
2. In a saucepan melt butter and add milk, pumpkin filling, and spices. Heat on low until well combined. Add cheese and stir until melted, then add in the pasta shells. Turn off the heat and set aside.
3. Fill a large pot with water, bring to a boil, add the bay leaf and peppercorns. Add lobster to the boiling water, and cook until the shells are bright red, 2-3 min. Remove from the pan and let cool.
4. When lobster is cool enough to handle,

remove from shells and chop into pieces. Add lobster to the pasta mixture and combine well.

5. Toast breadcrumbs in a frying pan with the olive oil. Season with salt and pepper and cook on medium heat, stirring constantly, until the bread is golden brown.
6. Spray each ramekin with non-stick spray. Divide the mac and cheese evenly into each, top with breadcrumbs and bake, uncovered, for 20 min. in a 400°F oven. Cool for 5 min. and serve.

**WOW!  
UNDER 400  
CALORIES**



# PICKIN' PORK



**PORK  
TENDERLOIN**

sautéing, grilling/broiling, roasting/baking



**BONELESS  
RIB ROAST**

grilling/broiling, roasting/baking



**BONELESS  
CENTER CUT  
LOIN CHOPS**

sautéing, braising, grilling/broiling



**GROUND  
PORK**

sautéing, barbecuing



**PORK  
STIR FRY**

sautéing, braising, stewing, grilling/broiling



**CENTER  
BONELESS  
ROAST**

braising, stewing,  
barbecuing, roasting/baking



**PORK  
ROAST  
BOSTON  
BUTT**

braising, stewing,  
barbecuing, roasting/baking



**RIB  
CHOPS**

sautéing, braising, grilling/broiling



**BABY BACK RIBS**

barbecuing, roasting/baking

**Pork today is very lean and shouldn't be overcooked.** To check doneness, use a cooking thermometer. Cook pork chops, roasts, and tenderloin to an **internal temperature between 145°F (medium rare) and 160°F (medium)**, followed by a 3 min. rest. Larger cuts increase approximately 10°F while resting, so remove them from the heat at 150°F followed by a 10 min. rest. **Ground pork should be cooked to 160°F.**





JOE LASHER, SR  
Co-Owner and Founder  
M7 Event Solutions and Catering

## Grilled Blackberry Stuffed Pork Loin

SERVES: 4-6

### PORK:

- 3 lb. pork loin
- 1 tbsp. coarse ground black pepper
- 1 tbsp. kosher salt
- 1 tbsp. garlic powder
- ½ cup roasted pecans, *chopped*
- 2 oz. cream cheese
- 1 tbsp. olive oil
- ½ cup fresh blackberries
- fresh rosemary, for garnish*

### BLACKBERRY SAUCE:

- 1½ cups fresh blackberries
- 1 tbsp. honey
- 1 tbsp. lemon juice
- 1 tsp. vanilla extract
- 1 tsp. cinnamon

### BLACKBERRY SAUCE INSTRUCTIONS:

1. Prepare blackberry sauce by cooking all ingredients on stovetop over medium heat, stirring occasionally, until blackberries begin to break down and form a thickened sauce.

### PORK INSTRUCTIONS:

1. Preheat grill to medium high-heat for direct and indirect cooking.
2. Butterfly pork loin and roll out flat
3. Spread cream cheese thin and then add pecans, some fresh blackberries, and a couple tbsps. of blackberry sauce, saving some for service.
4. Roll the loin and rub with olive oil. Sprinkle with salt, pepper, and garlic powder; tie with butcher's twine.
5. Sear each side of loin over direct heat for approx. 2 mins. per side, then move to indirect side of grill.
6. Pork loin is ready when the internal temperature reaches 165°F. Let rest for 10 mins., slice and serve over bed of blackberry sauce.

**PORK LOVES THE COMBINATION OF SWEET, SALT, AND SMOKE, MAKING THIS EASY BLACKBERRY SAUCE THE PERFECT ACCOMPANIMENT.**







**BRUCE BROWN**  
 Chef/Owner, Bruce's Fabulous Foods  
 Star of ABC's "Carolina Kitchen"

## Gettin' Figgy Widit Chops

SERVES: 4

- 4 8 oz. pork chops, bone-in
- Salt & pepper, to taste
- ¼ cup canola oil (you may sub vegetable oil)
- 1 cup yellow onion, diced
- 1 tsp. salt
- ½ cup dried figs, diced
- 1 lemon, zested and juiced
- 2 tbsp. fresh ginger, peeled and grated
- 2 tbsp. honey
- 2 tsp. mustard powder
- 1 tsp. sweet paprika
- 1 tsp. black pepper
- ½ tsp. cayenne pepper
- 2 cups water
- 2 tbsp. apple cider vinegar
- 2 tbsp. Worcestershire sauce

1. Pre-heat oven to 350°F.
2. In a small saucepan, heat oil over med-high heat. Add onion and salt, sautéing until softened and beginning to caramelize, about 3 to 4 min.
3. To the onions, add the figs; continue to sauté another 2 min.
4. Add lemon zest and juice, ginger, honey, mustard powder, paprika, black pepper, cayenne pepper, and water to the saucepan. Stir to incorporate all ingredients; bring to a low boil.
5. Remove from heat and allow to cool for 5 min. Add vinegar and Worcestershire sauce, stirring to combine all ingredients.
6. With an immersion blender, carefully blend ingredients in the saucepan until smooth. Set aside in a bowl.
7. Season your pork chops with salt and pepper, to taste, both sides. Sear, or grill, each side over med-high heat, about 2 min. per side. Transfer to a roasting pan.
8. Roast chops in oven for twenty minutes on the middle rack, turning after ten minutes.
9. Glaze each chop with sauce, covering the pan loosely with foil, braising for an additional ten minutes. Allow to rest for ten minutes before uncovering. Serve with grilled vegetables (like squash planks and slices of onion) and couscous.

PORK



**JASMIN QUEEN, CNC**  
 Winner, "My Diet is Better Than Yours"

## Pork Wonton Soup

SERVES: 4-6

**PORK-FILLED WONTONS MAKE THIS SOUP THE PERFECT COOL WEATHER RECIPE. FIND IT EXCLUSIVELY AT INGLES-MARKETS.COM**



# THE ULTIMATE COMFORT FOOD



**SCOTT CULPEPPER**

Proud Marine with a passion for aviation and Southwestern cooking

## White Chicken Chili

SERVES: 6-8

- |   |   |    |   |    |  |
|---|---|----|---|----|--|
| 2 | tblsp. olive oil  | 3  | tsp. ground cumin                                 | 2. | Add onions and garlic; saute until translucent, about 10 min.                  |
| 3 | white onions, <i>chopped</i>  | 3  | tsp. dried oregano                                | 3. | Add all ingredients except for beans, cheese, and sour cream; bring to a boil. |
| 4 | cloves of garlic, <i>minced</i>   | 2  | tsp. cayenne pepper                               | 4. | Reduce heat to low and then add beans.   |
| 2 | whole roasted chickens, <i>skin removed, boned, chopped or shredded</i> | 5  | cans great northern white beans, <i>undrained</i> | 5. | Simmer for 20-30 min. to ensure beans are cooked through.                      |
| 1 | 32oz. box chicken broth   | 2  | cups monterey jack cheese, <i>shredded</i>        | 6. | Just before serving, add cheese and cook until melted and creamy.              |
| 2 | (4oz.) cans roasted green chilis, <i>chopped</i>                        | 1  | (12oz.) container sour cream                      | 7. | Fill individual bowls; top with sour cream.                                    |
| 1 | bottle of dry white wine  | 1  | (16oz.) bag frozen mixed vegetables               |    |  |
|   |   | 1. | Heat oil in a large pot over medium heat.         |    |  |

**THIS RECIPE ALSO MAKES A GREAT FILLING FOR POT PIE!**



# NO NEED TO KNEAD

**IT'LL BE HARD  
TO WAIT, BUT LET  
THE BREAD COOL  
DOWN BEFORE  
CUTTING TO ACHIEVE  
THE BEST TEXTURE.**



UNICOI PRESERVES  
Suzy & Clark Neal

## No Knead Bread

SERVES: 12

- 3 cups all-purpose flour
- 1 tbsp. granulated sugar
- 1½ tsp. salt
- ¼ oz. package instant yeast
- 3 tbsp. unsalted butter,  
*melted and divided*
- 1½ cups warm water
- 1 large egg, *whisked*
- canola oil cooking spray

1. Stir flour, sugar, salt, and yeast in a large mixing bowl with a sturdy wooden spoon. Make a well in the middle, add 2 tbsp. melted butter, water, and egg to the well. Stir to combine, and when all ingredients are incorporated, continue to mix for 100 strokes.
2. Switch to a silicone spatula and mix 50 strokes with spatula. The dough will be sticky and messy.

3. Spray 9x5 loaf pan with cooking spray.
4. Use a silicone spatula to scrape dough into prepared pan. Wet the spatula and even out the top of the dough. Cover with plastic wrap that's been sprayed with non-stick spray, and place in a

- warm, draft-free place to rise. An oven with the light on, or microwave, is ideal.
5. Let rise until puffy and doubled, about 50-60 min.
6. Preheat the oven to 375°F towards the end of the rise time.
7. Remove plastic wrap. Bake on center rack for 30 min. or until golden brown.
8. Brush loaf with 1 tbsp. melted butter. Remove from pan to cooling rack.





SUZY NEAL  
Unicoi Preserves

## Mediterranean Party Platter

SERVES: 6-8

### INGREDIENTS:

- 8 oz. hummus
- 12 oz. tzatziki dip
- 9 oz. marinated feta cheese
- pita chips
- pita bread, cut into wedges
- miniature cucumbers, cut into spears
- carrot slices or sticks
- cherry tomatoes
- radishes, halved
- walnuts
- pistachios
- Laura Lynn extra virgin olive oil
- sumac or paprika
- fresh dill, for garnish

### FROM THE DELI OLIVE BAR:

- stuffed grape leaves
- assorted pitted olives
- marinated garlic mushrooms
- peppadew peppers
- marinated tomatoes and mozzarella cheese balls
- roasted garlic cloves
- marinated artichoke hearts
- sun-dried tomatoes

1. Spoon hummus, tzatziki dip, and feta into 3 small serving dishes; place on a large serving platter.
2. Place grape leaves, olives, mushrooms, peppers, marinated tomatoes and cheese, garlic, artichoke hearts, and sun-dried tomatoes around the platter.
3. Fill in the platter with cucumbers, carrots, cherry tomatoes, radishes, walnuts, and pistachios.
4. Drizzle hummus with olive oil, dust with sumac or paprika, and garnish with garlic and nuts.
5. Garnish tzatziki dip with fresh dill.
6. Serve with warm pita bread wedges and pita chips.



# Go Bananas!

## & Blueberries



**SCOTT CULPEPPER**

Proud Marine with a passion for aviation and Southwestern cooking

### Banana Blueberry Pudding

SERVES: 8-12

- |   |   |   |
|---|---|---|
| <p>2 (12 oz.) containers Laura Lynn frozen whipped topping, <i>thawed</i></p> <p>1 (14 oz.) can Laura Lynn sweetened condensed milk</p> <p>1 (8 oz.) package Laura Lynn cream cheese, <i>softened</i></p> <p>4 cups whole milk</p> <p>2 (3.4 oz.) boxes Laura Lynn instant French vanilla pudding mix</p> <p>6-8 bananas, <i>sliced</i></p> <p>2 pints fresh blueberries</p> <p>1 (13 oz.) box Laura Lynn AnimaLicious shortbread animal cookies</p> <p>1 cup Harvest Farms Organic unsweetened coconut chips, <i>lightly toasted</i></p> | <p>1. Line the bottom of a trifle dish with sliced bananas.</p> <p>2. In a small saucepan over low heat, toast coconut chips until lightly browned, set aside.</p> <p>3. Combine cream cheese and sweetened condensed milk in a large mixing bowl; beat with an electric mixer until smooth.</p> <p>4. Combine milk and pudding mix in a separate bowl; whisk for one minute or until smooth.</p> <p>5. Stir pudding mixture into cream cheese mixture and mix until combined and smooth.</p> <p>6. Add 1 container of whipped topping to the</p> | <p>mixture and gently fold together using rubber spatula until completely incorporated.</p> <p>7. Add fresh blueberries until combined.</p> <p>8. Pour pudding mixture over bananas. Make layers as thick as personally desired.</p> <p>9. Continue rotating banana and pudding mixture in layers until all pudding is used.</p> <p>10. To finish the top layer, lay AnimaLicious cookies across and around the top layer.</p> <p>11. Add a large spoonful of whipped topping in the middle and garnish the entire top of pudding with toasted coconut.</p> |
|---|---|---|





DEBORAH ADAMS  
French Food Made Easy  
Trained in France then Adapted  
for the Busy American Family

## Slow Cooker Beef Bourguignon

SERVES: 6

- 2 tsp. canola oil
- 6 thick sliced bacon, *cut into narrow slices*
- 1½ lbs. beef chuck, *cut into large cubes*
- 6 cups red wine
- 2 cups beef broth

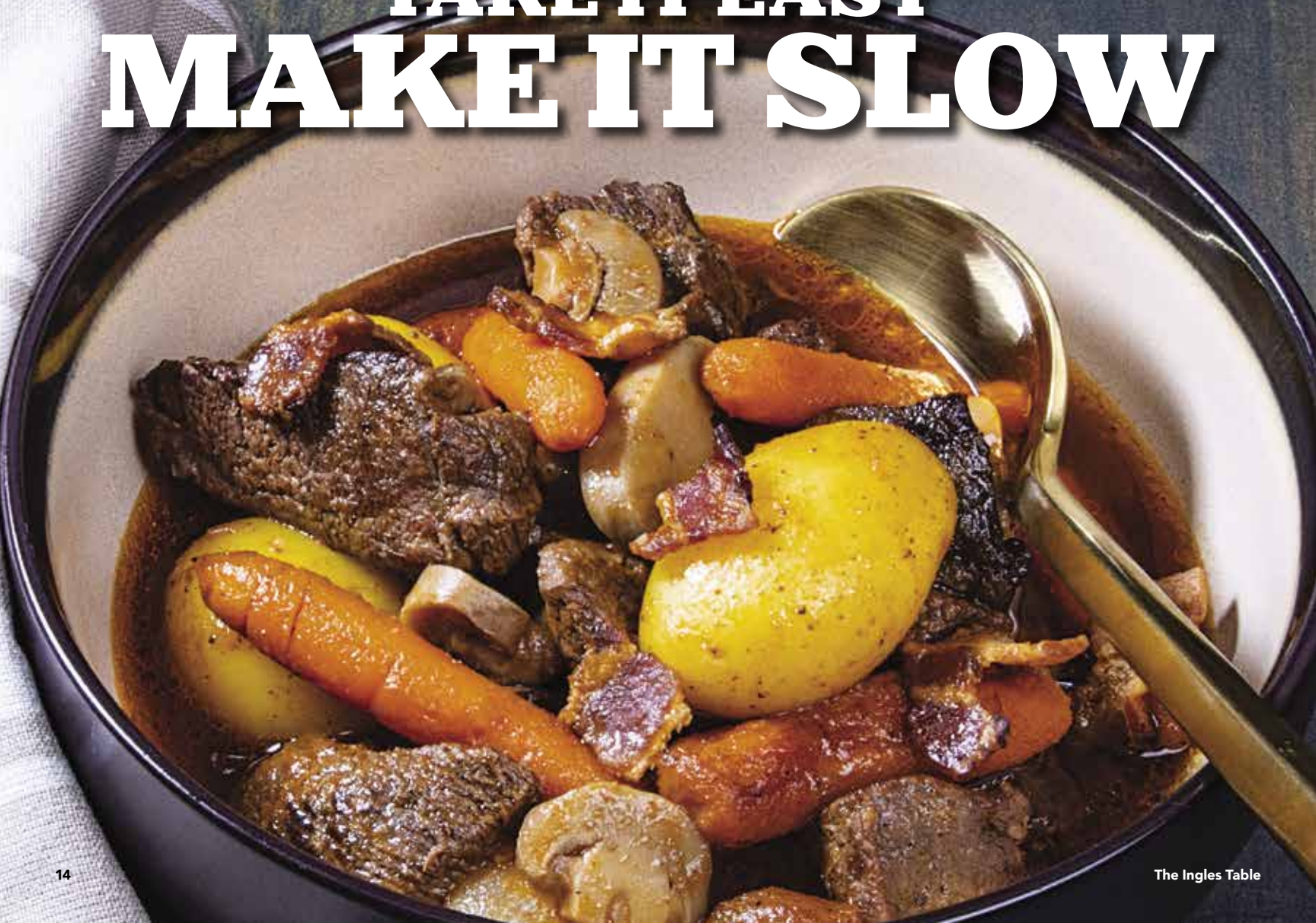
- 1 cup tomato sauce
- 1 cup baby carrots
- 1 cup pearl onions
- 1 tbsp. garlic, *minced*
- 2 tbsp. fresh thyme
- 1½ cups baby potatoes
- 8 oz. mushrooms, *sliced or whole*
- 2 tsp. salt
- 1 tsp. pepper
- handful of thyme, parsley, or marjoram, *chopped for garnish*

1. In a large dutch oven or deep skillet brown the bacon. Drain on a paper towel lined plate. Add canola oil to bacon drippings in pan and heat. Salt and pepper cubed beef and add to the skillet with space between each piece. Cook until brown on all sides.

Transfer to a paper towel lined plate and continue with the next batch until all beef is browned and drained.

2. Drain any excess fat, over 2 tbsp., from the pan. Keep any brown bits on the bottom. Add the wine and simmer for about 5 min. Gradually add the beef broth and then the tomato sauce.
3. In a slow cooker add the browned beef, cooked bacon, carrots, potatoes mushrooms, onions, garlic, thyme, salt, and pepper. Pour liquid over those and cook on high for 1 hour, then turn to low and cook for an additional 6 hours.
4. Uncover and cook on high for 30 more min. Stir, taste & make any adjustments if needed.
5. Garnish with fresh herbs.

# TAKE IT EASY MAKE IT SLOW





# HAVE A BALL A CHEESE BALL



JASMIN QUEEN, CNC  
Winner, "My Diet is Better Than Yours"

## Pumpkin Shaped Cheeseball

SERVES: 8-10

- 16 oz. cream cheese, *softened*
- 1½ cups shredded cheddar
- 2 tbsp. chives, *fresh or dried*
- 1½ cups cheese puffs
- 1 bell pepper

1. Place cheese puffs in food processor and process until finely ground; place on a rimmed baking sheet.
2. Mix cream cheese, shredded cheddar, and chives in a bowl until combined.
3. Mold mixture into a ball and flatten the top of the ball.
4. Use a butter knife to make pumpkin-like indentions around the cheeseball.
5. Roll the ball in the cheese puffs covering it completely.
6. Cut the stem off of a bell pepper and place it at the top of the ball to make your pumpkin stem. Press down lightly to get it to stay.

***SLICE AND SERVE THE DE-STEMMED BELL PEPPER WITH CRACKERS.***



# LITTLE SLIDERS, BIG FLAVOR



CLARK NEAL  
Unicoi Preserves

## Pulled Chicken Pimiento Cheese Sliders

SERVES: 9

- 1/3 cup habanero white cheddar cheese, *shredded*
- 1 cup colby jack cheese, *shredded*
- 1/4 cup Laura Lynn mayonnaise
- 2 cups white meat chicken, *roughly chopped*
- 1 4 oz. jar Unicoi Preserves Apple Cider Pepper Spread
- 1/4 cup celery, *diced*
- 3 tbsp. Laura Lynn diced pimientos, *drained and rinsed*
- 1/2 tsp. smoked paprika, *divided*
- 3/4 tsp. granulated garlic, *divided*
- 1/4 tsp. onion powder
- 1/4 tsp. ground chipotle powder
- 1/4 tsp. kosher salt
- 1/8 tsp. cayenne pepper
- 9 slider buns
- deli pickle slices
- green leaf lettuce

1. In a mixing bowl, add cheddar cheese, colby jack cheese, mayonnaise, pimientos, onion powder, 1/4 tsp. smoked paprika, and 1/4 tsp. granulated garlic; stir thoroughly to combine.
2. In a separate mixing bowl, add chicken, celery, Apple Cider Pepper Spread, ground chipotle powder, kosher salt, cayenne pepper, 1/2 tsp. granulated garlic, and 1/4 tsp. smoked paprika and stir to combine. *Tip: Stir the jar of Apple Cider Pepper Spread with a spoon to loosen it before adding it to the bowl.*
3. Lightly toast the slider buns.
4. To assemble sliders, place a piece of leaf lettuce on the bottom of each bun. Top each bun with an equal amount of the chicken mixture, followed by the pimiento cheese. Top each slider with two deli pickles and place the top bun on each sandwich.

**MAKE THESE QUICKER AND EASIER; USE INGLES ROTISSERIE CHICKEN BREAST MEAT!**



# delizioso



**DEREK ST. ROMAIN**  
Regional Coordinator,  
Backyard Bow Pro

## Healthy Tiramisu

SERVES: 16

- 9 oz. fat free sour cream
- 9 oz. low fat cream cheese
- ½ cup sugar
- 3 tbsp. skim milk
- ½ tsp. vanilla extract
- 6 oz. light frozen whipped topping
- 1 cup brewed coffee
- 10½ oz. ladyfinger cookies or pound cake (cut into 1x2 inch slices)
- 1½ tbsp. unsweetened cocoa powder
- fresh berries and fresh mint, for garnish

1. In a large mixing bowl with an electric mixer, beat cream cheese and sour cream together until smooth.
2. While mixing, add sugar, milk, and vanilla; blend until smooth.
3. Fold in frozen whipped topping gently with a spatula.
4. Dip ladyfingers in coffee and layer half of them in the bottom of a 10½ x 12½ or similar size pan, or dessert glasses.
5. Layer half the cream cheese mixture on top. Repeat with the rest of the coffee-dipped ladyfingers and cream cheese mixture.
6. Dust cocoa powder on top and refrigerate 4-16 hours.
7. Serve with fresh berries and mint.



# OPEN WIDE

## AND SAY WOW!



**DEREK ST. ROMAIN**  
Regional Coordinator, Backyard Bow Pro

### Cajun Chicken Po Boy

SERVES: 4

#### INGREDIENTS:

- 1 lb. boneless, skinless chicken thighs
- 2 (12 inch) loaves french bread
- 2 tsp. cajun seasoning
- ½ tsp. white pepper
- 2 tsp. dried oregano

#### SAUCE:

- 1 tbsp. extra virgin olive oil
- 1 tsp. kosher salt
- 1 tsp. black pepper
- 1 tsp. white pepper
- 1 tbsp. butter
- 2 garlic cloves, *minced*
- ½ cup barbecue sauce
- ¼ cup beer
- 1 tbsp. Worcestershire sauce
- 1 lime, *juiced*
- 1 tsp. crushed red pepper flakes
- 2 tbsp. hot sauce

#### TOPPINGS:

- romaine lettuce, shredded*
  - tomatoes, sliced*
  - bacon slices, cooked*
  - smoked gouda cheese, sliced*
  - mayonnaise*
  - fried onion straws*
  - green onions, sliced*
1. In a bowl, completely cover chicken thighs with cajun seasoning, white pepper, and oregano.
  2. Spray a sauté pan with nonstick spray and heat to medium-high.
  3. Add chicken thighs and cook for around 10 min., or until chicken reaches an internal temperature of 165°F.
  4. Remove chicken thighs from pan and set aside.
  5. Add beer to deglaze the pan.
  6. Then add all other ingredients listed under the sauce, minus the butter.
  7. Cook and stir sauce for 10 min.
  8. Turn heat off, add butter and thighs.
  9. Begin to build po boy by slicing french bread in half and adding the smoked gouda cheese.
  10. Melt cheese on the bread by placing in the oven at 350°F for 3-5 min.
  11. After removing the bread from the oven, spread mayo on the opposite side of the cheese
  12. Build the rest of your Po Boy adding chicken thighs, along with all the toppings you like.

**BEING FROM NEW ORLEANS, PO BOYS ARE A STAPLE AT ANY FAMILY GATHERING!**



RECIPE EXCLUSIVELY AT [INGLES-MARKETS.COM](https://www.ingles-markets.com)

# Tea Time

Like the famous milk bread you find in Japan, with an added matcha layer twist.



ESTEE FELTON  
Digital Sales Manager, WLOS

## Matcha Swirl Bread

MAKES: 1 LOAF



# Sweet & Salty

## THE PERFECT COMBINATION



**BRUCE BROWN**

Chef/Owner, Bruce's Fabulous Foods  
Star of ABC's "Carolina Kitchen"

### Chocolate Covered Pretzel Rods

- 12 oz. bag large pretzel rods
- 16 oz. chocolate wafers, *divided*
- 1 tbsp. vegetable shortening
- assorted toppings/decorations.

1. Fill a small saucepan halfway with water. Fit a glass bowl over the top to create a double boiler, ensuring that the bowl is NOT touching the water.
2. Over medium heat, melt  $\frac{3}{4}$  of the chocolate with vegetable shortening, until smooth, stirring often.
3. Remove bowl to a towel. Allow chocolate to cool to between 95° - 100°F, stirring constantly. Add remaining chocolate wafers and stir until smooth and glossy with no solid bits.
4. Grab a pretzel rod at the end, dip it into the melted chocolate and coat by twirling, leaving about 2½ inches on the end uncoated. Hang the pretzel upside-down over the chocolate to drip off any excess.
5. While holding over a bowl of decorations, sprinkle the desired bits over the chocolate to stick before it solidifies. Stand up,

bare end down, in an egg carton; allow to dry.

6. For stripes, lay the wet pretzel carefully on a parchment-lined sheet pan. Drizzle an alternating color of melted chocolate across the pretzel to create stripes and designs.
7. Allow chocolate to set upon each pretzel rod. Store in an air-tight bag or container for two weeks.

**FUN FOR  
KIDS AND  
ADULTS!**







JOE LASHER, SR  
Co-Owner and Founder  
M7 Event Solutions and Catering

## Orange Glazed Brussels Sprouts and Butternut Squash

SERVES: 6

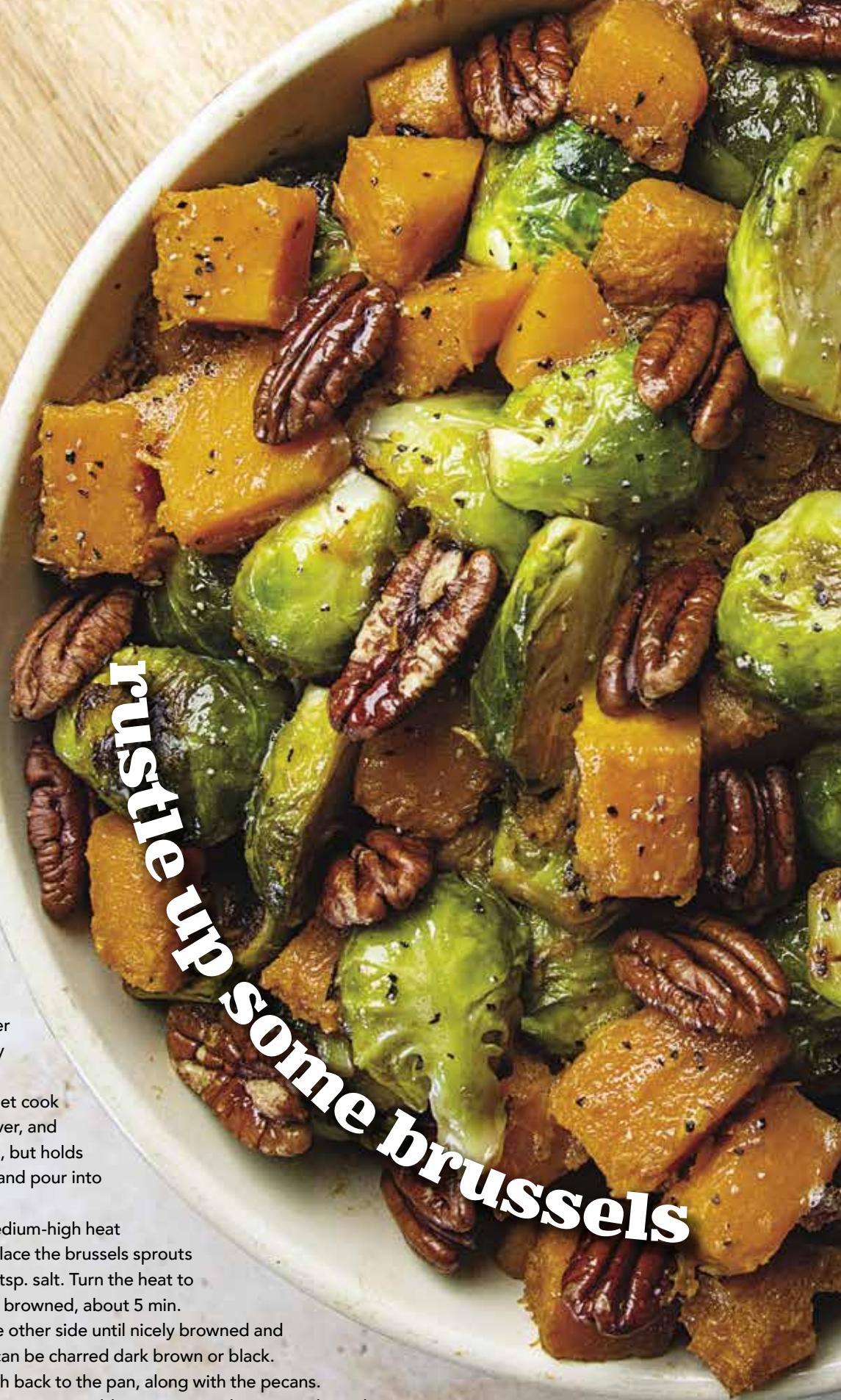
### BRUSSELS SPROUTS AND BUTTERNUT SQUASH:

- 1 lb. brussels sprouts, *washed, trimmed and halved*
- 1½ lbs. butternut squash, *peeled then diced into ½ inch cubes (about 3 cups)*
- 3 tbsp. olive oil, *divided*
- 2 tsp. kosher salt
- 1 cup pecans

### GLAZE:

- 2 tbsp. butter
- 2 tsp. honey
- 3 tbsp. orange juice
- 1 tbsp. orange zest
- ½ tsp. black pepper
- 2 tsp. apple cider vinegar

1. In a large sauté pan, heat 1½ tbsp. olive oil over medium heat. Swirl to coat pan, then add in squash. Stir the squash pieces so they are coated with oil and sprinkle with 1 tsp. salt. Shake the pan so squash spreads out in an even layer and let cook, without stirring, so that they brown a bit on one side, about 5 min.
2. Stir and spread the pieces out again and let cook without stirring so more sides brown. Cover, and cook about 6 min., until the squash is soft, but holds its shape. Once done, remove from heat and pour into a bowl.
3. Heat remaining 1½ tbsp. olive oil over medium-high heat using the same pan. When it's very hot, place the brussels sprouts cut side down in the oil, sprinkling with 1 tsp. salt. Turn the heat to medium, and sear on one side until nicely browned, about 5 min.
4. Turn the brussels sprouts and cook on the other side until nicely browned and tender, about 5 min. Some of the leaves can be charred dark brown or black.
5. Turn heat down to low and add the squash back to the pan, along with the pecans. Mix all glaze ingredients together, and stir into vegetables, coating and warming through.
6. Transfer to platter and serve!





# KEEP YOURSELF WARM IN 5 EASY STEPS



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## Flannel Jacket

SERVES: 2

- ½ cup apple juice
- ½ cup cranberry juice
- ½ cup ginger ale
- 1 apple, *sliced*
- ⅓ cup cinnamon sugar
- 3 shots vodka
- 1 lime, *cut into wedges*
- ice

1. Garnish your glass with the cinnamon sugar rim.
2. Place the apple juice, cranberry juice, and vodka in the glass and mix thoroughly.
3. Add ice and top off your drink with ginger ale.
4. Garnish with sliced apple and lime.
5. Enjoy!







**MICHAEL MCMURTREY**  
Graphic Designer / Food Stylist  
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## Garlic, Radish, and Fennel Toast

SERVES: 4-6

### WHITE BEAN SPREAD:

- 1 **tb**sp. lemon, *juiced*
- 1 **le**mon, *zested*
- 1 **15.5 oz.** can white beans, *rinsed*
- 1 **tb**sp. olive oil
- 3/4 **tsp.** salt

### TOPPING:

- 4 **lg.** garlic cloves, *thinly sliced*
- 4 **tb**sp. vegan butter
- 1/4 **tsp.** red pepper flakes
- 1/2 **tsp.** pepper
- 1/2 **tsp.** kosher salt
- 1 **bunch** radishes, *diced small, greens washed, de-stemmed, and chopped*
- 1 **bulb** fennel, *diced, reserving about a tb*sp. of fennel fronds.
- 6 **tb**sp. extra virgin olive oil, *divided*

8-12 thin slices crusty bread, *toasted*

1. In a food processor, pulse all the white bean spread ingredients together until mostly smooth; set aside.
2. Toast or grill your bread; set aside.
3. In a small saucepan over medium heat, melt butter with 4 tb
4. Add 2 tb
5. Spread white bean spread onto each piece of toast, then place fennel/radish mixture onto the bean spread.
6. Spoon garlic butter over the top of each, sprinkle with salt and pepper; serve immediately.





# Catering *simplified*

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